

# Sunflower Electric names new CEO to lead the company

Sunflower Electric Power Corporation announced recently that its board of directors has named Stuart Lowry as the corporation's next president and chief executive officer.

Lowry, 51, will begin his tenure on Aug. 15 to succeed L. Earl Watkins Jr., Sunflower's current president and chief executive officer, upon his retirement. Lowry is the fifth person to lead Sunflower since it was formed in 1957.

Since 2004, Lowry served as executive vice president and general counsel of Kansas Electric Cooperatives Incorporated. On behalf of Kansas Electric Corporation's 32 members, he guided this statewide organization through a wide range of legal, legislative and regulatory activities at the state and national levels.

Lowry also served on the Kansas Energy Council, the National Rural Utilities Cooperative Finance Corporation Integrity Fund Committee, and the Kansas Energy and Environmental Policy Advisory Group.

Loren Ochs, Sunflower's board chairman, said that the Sunflower board unanimously selected Lowry following a national search conducted by Carol Langley of Denver-based Langley and Associates Incorporated.

"Stuart's cooperative background and industry experience, along with his personal traits that reflect Sunflower's culture, make him an outstanding choice for this position," Ochs said. "Stuart is a trusted and well-respected leader and we know that

under his direction we will continue our mission of serving out members with reliable energy at the lowest possible cost."

Lowry said, "I am honored to be selected for this position and excited to face the challenging times ahead. To be given the opportunity to build upon the successes achieved by Sunflower and its member-owners during Earl Watkins' tenure as chief executive officer is truly humbling."

Lowry was raised in Valley Falls and is a graduate of the University of Kansas and Washburn University School of Law.

Since 2004, he has served as executive vice president and general counsel for the Kansas Electric Cooperatives Incorporated, the Kansas statewide service organization for 29 electric distribution cooperatives and three generation and transmission cooperatives.

Prior to his tenure at Kansas Electric Company, he was a partner in the law firm of Lowry and Johnson in Valley Falls, where he served as corporate counsel to others on many legal issues facing electric cooperatives in Kansas, including corporation commission proceedings, bylaw revisions, and development of service rules and regulations for deregulated cooperatives. He is a second generation electric cooperative attorney; his father, Gordon Lowry, started representing electric cooperatives more than 50 years ago.

Lowry and his wife, Lauren, have three children.

# Saluting the flag



Members of the Legion Riders were present prior to the Norton-Osborne Zone Legion baseball game at John Ryan Field on Sunday evening. Several of them are shown here saluting the American flag during the playing of the National Anthem. After the National Anthem, they paraded the American flag around the field and in front of home plate as a patriotic gesture.

-Telegram photo by Dick Boyd

# Small steps make big difference for food safety

America has one of the safest and most abundant food supplies in the world. But even in this country, too many people get sick from the food they eat.

This year, one in six Americans will get food poisoning - that's 48 million people. 128,000 will end up in the hospital. And 3,000 will die. These aren't just statistics. These are real people, real families, impacted by the food they put on the table.

We can do better. Under the leadership of President Obama, United States Department of Agriculture and our federal partners are more committed and united more than ever before to reduce the rates of food-related illnesses.

We are doing that, first of all, by making sure the food industry provides the safest products possible. We are strengthening America's food safety system with policies based in prevention, and building on best practices that decrease potential risks. And we are continually looking for ways to improve.

But our food safety system isn't perfect, and given the nature of the products we regulate, the risk isn't zero. So in addition to doing everything we can to ensure the safety of food before it reaches grocery store shelves, I believe it's also our responsibility to give consumers the information they need to prevent food-related illnesses at home.

That's why this week United States Department of Agriculture and the Department of Health and Human Services launched a national public service campaign called Food Safe Families.

The Food Safe Families campaign is based on four simple steps that consumers can take to help protect themselves and their families from food poisoning:

**Clean:** Clean kitchen surfaces, utensils, and hands with soap and water while preparing food.

**Separate:** Separate raw meats from other foods by using different cutting boards.

**Cook:** Cook foods to the right temperature by using a food thermometer.

**Chill:** Chill raw and prepared

foods promptly.

These are small steps that can make a big difference in preventing food-related illnesses.

We know that it's our job to make sure food is as safe as possible before it reaches consumers, and we take that job seriously. But we want all Americans - cooking in the kitchen, or outdoors on the grill - to take the messages of clean, separate, cook and chill to heart. And year-round, we want consumers to have the information they need to be food safe at home.

To learn more about the new campaign and for answers to questions about keeping your food safe, visit [www.foodsafety.gov](http://www.foodsafety.gov).

Have a photo idea?  
Call us at 877-3361

**The Northwest Kansas Educational Service Center** is accepting applications for the 2011-2012 school year. We have the following opportunities available:

- Early Childhood Special Education Teacher
- Part-time Early Childhood Para/Hill City
- Head Start Para/Goodland
- Registered Nurse for Head Start Program

To receive an application, contact Rose Langley, 785-672-3125 extension 200. Applications will be accepted until the position is filled.

\*NKESC is an Equal Opportunity Employer\*

# Aging doesn't have to be difficult

Forget that over-the-hill party wane. Landmark birthdays signal a gift of time.

Our population is living longer. The average life expectancy at birth for someone born in the United States in 1900 was 47 years, according to 2006 data from the United States Department of Health and Human Services National Center for Health Statistics. In 1950, average life expectancy reached 68 years, and, by 2006, average life expectancy had climbed to 78 years, with men averaging 75 years and women averaging almost 80 years of age.

More than 30 years of added life expectancy at birth, reflect a mix of biology and culture, but are not always perceived positively, said Debra Sellers, K-State Research and Extension specialist on aging and adult development.

Many in our culture associate aging with losses, rather than viewing each year as an opportunity, said Sellers, who explained the importance of separating commonly perceived myths about aging from reality:

\* Myth 1: If you live long enough, you'll surely get Alzheimer's.

Sellers' response: Living longer can increase vulnerability for Alzheimer's disease, but not every older adult will end up with this diagnosis. There are other reasons that may cause a person to experience confusion or memory loss, such as poor nutrition or depression, and these may be modifiable.

The bottom line? Many people are able to enjoy their later years without signs of dementia or Alzheimer's disease.

\* Myth 2: Older adults are grouchy.

Sellers' response: Our personalities are largely established by mid-adulthood, and that means that a grouchy or otherwise disagreeable young person will likely retain that personality trait throughout his or her life-span.

The bottom line? Growing older doesn't mean that an individual will turn into a different person.

\* Myth 3: Aging is negative, and means giving up things that

you enjoy.

Sellers' response: The effects of aging can push older adults to make choices, but making choices is part of life at any age and the choices need not be negative.

The bottom line? Aging is a natural life process, said Sellers, who emphasized the need to be proactive and make choices to take advantage of the gift of time.

In the United States, in 1900, only four percent of the population reached the age of 65 or older; in 2000, 12 percent of the population was age 65 or older, and, in 2050, 21 percent of the population is expected to be age 65 or older.

As older adults, or, if you prefer, adults getting older, we're going to have a lot of company, and that's why it's important to strive for a healthy lifestyle, maintain a positive attitude, and be willing to adapt to each new year, said Sellers, who noted that many people will be able to enjoy previous activities and also may develop new interests.

# Fishing

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with the average fish weighing 2.39 pounds.

The top five winners for Sunday were 1-Joe Patterson and Scott Bennet; 2-Ben Pavelka and Scott

Pavelka; 3-Monte Wagner and Dave Willis; 4-Andy Cochrane and Adam Wright; and 5-Kent Priel and Kelly Bailey.

The Baxter Ford Big Bass Awards went to Tom Miller and Grant Pavelka with a bass weigh-

ing in at 4.27 pounds and to Joe Patterson and Scott Bennet with a bass weighing in at 3.86 pounds.

For more information about the tournament, visit [www.western-nebraskabassstournamenttrail.com](http://www.western-nebraskabassstournamenttrail.com).

# Clinic

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open today.

The 54 years of the clinic's operation have brought many changes, including staffing, building renovation and practice expansion. Though originally named the Norton Veterinary Clinic, it became the Norton Animal Health Center in 2005 when the Whites began practicing in Norton.

The clinic currently staffs the Whites as full-time veterinarians, along with five additional staff members and several volunteers.

The Registry of Heritage Practice award distinction has placed the clinic on a national registry of veterinary practices who have earned the recognition, a list that can be viewed at [www.avmhs.org/heritage\\_registry.html](http://www.avmhs.org/heritage_registry.html).

The Registry of Heritage Practice is sponsored by Pfizer.

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